

**AMENDMENTS TO THE SPECIFICATION**

Please amend Abstract of Disclosure as follows:

The present invention relates to a starting block ~~{1}~~ for athletic running. Said starting block comprises an elongated frame ~~{2}~~ having a longitudinal axis, which extends between a first end ~~{3}~~ and a second end ~~{4}~~ of the frame ~~{2}~~, said frame ~~{2}~~ being adapted to be attached to a ground in both ends of the frame ~~{2}~~, at least one take-off block ~~{8, 9}~~ to be arranged in connection with said frame ~~{2}~~, the take off block ~~{8, 9}~~ comprises a take-off surface ~~{10}~~. The starting block is characterised in that the take-off surface ~~{10}~~ is angular adjustable in a laterally direction in relation to the longitudinal axis of the frame ~~{2}~~.